

TSDMA Regional School District #6

Goshen Rec. Dept. Karate

Where and When: Goshen Center School Gym, Thursdays 3:30-5:30PM
8 weeks starting January, 2016

Price: \$60 for 8 week program

Ages: Lil Dragon's Class Pre-K through 1st Grade 3:30PM-4:15PM

Ages: 1st Graders and up 4:15PM-5:30PM




What: Style of Martial Arts Tang Soo Do

Students will learn about: safety and awareness, listening skills, coordination exercises, different kicks, pushing the big pads, running obstacle courses, martial art techniques & much more!!



A LITTLE ABOUT THE CLASS: Morris Karate Club is affiliated with the Tang Soo Do Masters Alliance and is offered through the Parks and Recreation Department. So come check it out. First class is free and we teach till June. Our Junior Program offers benefits such as self-discipline, Confidence, Focus, and Physical Fitness. The Classes are fast paced and full of energy. Our students learn various aspects of the martial arts as well as a respect for their co-students, Instructors and especially their parents. Our students learn a strong basis in the traditional martial arts as well as modern techniques of self-defense. Stop by and visit us at JMS gym or GCS Gym.

 **Instructors:** Bonnie Geddes achieved her 2nd Degree Black Belt in November of 2012. She runs the Morris Karate Class along with Jody DeLisle Assistant Instructor who achieved his 1st Degree Black Belt in May 2010 and Junior Assistant Zoie Rinadli who received her 1st Degree Black Belt in May 2012. *Bonnie Geddes* has been teaching karate since 2007 and has been training in Tang Soo Martial arts for 19 years. She teaches karate at James Morris School as well as at Charland Institute Karate & Fitness in Watertown. She also teaches Kardio Kickboxing to 12yrs. and up to all ages. Any other Questions: please contact Bonnie Geddes at 860-480-4812 or email at bonniegeddes@aol.com.

***Please send back to the Goshen Rec. Dept., 42A No. St., Goshen, CT 06756
with bottom portion filled out and payment made out to Bonnie Geddes***

Recreation Department Registration Form and Emergency Release

Important! If School Is Cancelled Due To Inclement Weather, *Programs Scheduled For That Day And Evening Are Also Cancelled. Call The Rec. Office For An Update On Days Of Questionable Weather. Also, Listen To WZBG FM 97.3 for Weather Related Announcements.*

REGISTRATION INFORMATION: I give permission for my child/self to take part in the below named activity with the Goshen Recreation Department. By signing this form, I waive all claims against the Town of Goshen; Recreation Department, and all personnel from any and all liability for any injuries, loss, or other claims resulting from participation in this activity. If I can not be reached, I give permission to the Physician selected by the Recreation Department or program Supervisor, to Hospitalize, secure proper treatment for, and to order injection, anesthesia or surgery for myself or child.

Program Registering for: Karate

Signed Parent/Guardian/Self: _____ Dated: _____

Participants Name: _____ Date of Birth: _____

Age: _____ Sex: _____ Grade: _____ Fee enclosed: 60.00

Address: _____

Town/Zip: _____ Phone/Cell Phone: _____

Emergency Name/Phone: _____

Allergies/Physical Disabilities or other Factors that the Recreation Department should be aware of:

I give permission for my child to be video taped, photographed, newspaper and put on club website:_____

Email Address: _____